

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: *Beef, Crumbles/Zartic

Product Code: 89900DFL

Processor: Zartic, Inc.

Category: Meat and Meat Alternate

Date: 5/9/2005

Description: Course ground beef is blended with seasons, and textured vegetable protein. The beef mixture is cooked, frozen, then ground into crumbles and packaged.

Pack Size: 6/5# bags, approxiately 217 servings

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use or thaw overnight in a cooler.

Cooking: Frozen: Convection Oven 375 degrees for 11 to 14 minutes, Conventional Oven 400 degrees for 13 to 15 minutes. Defrosted: Convection Oven 375 degrees for 6 to 8 minutes, Conventional Oven 7 to 10 minutes. Cook to a minimum internal of 160 degrees. May be added to any food with liquid from a frozen state, just heat to 160 degrees.

Serving Size: 2.21 oz

Meal Contribution: 2 meat/meat alternates

Nutrition Facts			
Calories:	126.81	Protein:	12.32 grams
Total Fat:	8.04 grams	Carbohydrate:	1.66 grams
Saturated Fat:	3.22 grams	Cholesterol:	32.51 mg
Trans Fat:	grams	Calcium:	26.62 mg
Iron:	1.44 mg	Dietary Fiber:	0.93 grams
Sodium:	327.49 mg	Vitamin C:	0.00 mg
Vitamin A:	0.33 IU		